

Tuscan White Bean Salad on Crostini

Ingredients

Dressing:

- 2 teaspoons olive oil, divided
- 1 garlic clove, minced
- 1 teaspoon dried oregano
- 1/4 cup cider vinegar

Bean Salad:

- 2 16-ounce cans cannelloni beans or other white beans, rinsed and drained
- 1-1/2 cups diced plum tomato
- 1/2 cup chopped Vidalia or other sweet onion
- 1/2 cup (2 ounces) crumbled blue cheese
- 1/3 cup chopped fresh parsley
- 1/2 teaspoon salt & 1/2 teaspoon pepper

Crostini:

Two loaves deli-style bread for the crostini (French, Italian, or whole-wheat).

Directions:

To prepare salad dressing: In a nonstick skillet, heat 1 teaspoon of olive oil over medium-high heat. Add the garlic and oregano; sauté for 30 seconds. Remove from heat and stir in vinegar.

To prepare the salad: In a large bowl, combine remaining teaspoon of olive oil and the next 7 ingredients (beans through pepper). Add the dressing to the bean salad; toss lightly.

Cover and chill for 30 minutes before serving.

To prepare crostini: Slice bread thinly. Toast under a broiler or in the toaster. Top with bean salad.

Serves 8.

Approximately 289 calories, 6 grams of fat per serving.

www.cancer.org/docroot/subsite/greatamericans/content/Tuscan_White_Bean_Salad.asp

